

# Free! Aug. 10 The Mountain Yodeler

**49er's Day - July 31**  
Parade starts at 10 am. Info 724-2206

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August 1, 2010 Volume 10 Number 9 Serving Lake Hughes, Elizabeth Lake, Leona Valley, Green Valley, Three Points and Neenach Distribution: 2,500

## Golf Course, Greenside Grill Open for Business

By Dahlia Grossman  
Editor/publisher

The Ranch at Elizabeth Lake and Greenside Bar and Grill, now operated by Farmers and Merchants Bank, are open for business.

According to Cecilia Fanning, general manager, the property was not foreclosed. "The former owner, Bill Dawson, had an agreement with the bank that he would invest a certain amount of money in the property to try to make it profitable," said Fanning. "The bank agreed that if it didn't work out, they would take it back," she said.

Ownership of the property reverted to the bank at the

end of April. It was an awkward time to make the transition - right at the start of the busy summer season, according to Fanning.

The golf course is also working towards being more self-sufficient in the area of water consumption. An old well that was not being used is now operational again and an additional well will soon be dug.

The swimming pools and jacuzzi are open for the summer but only the jacuzzi is heated. With the blazing August temperatures upon us, we plan to take advantage of the weather.

See Golf Course, page 4

## Rally Auto Group Teams up with Leona Valley

By Jan Clark, Leona Valley

How do you begin to say thank you to people that you have never laid eyes on or that you have met and have only known for a short period of time? I've asked myself many times - "How did Leona Valley ever get so lucky" to have known the graciousness and kindness of Bill Penn and Patrick Bonas of Rally Auto Group.

As for myself, being a relatively new Sertoma member, I recall being asked and agreeing to help coordinate the "Gala Under the Stars" wine tasting and was in desperate need of a sponsor for our wine glasses. Well, due to the theme of the event, I believed that I definitely needed to acquire a winery or food establishment to meet the need.

After many attempts with a negative response - and time was running out, I decided to stop in front of Rally Auto Group for a last sponsorship attempt. After all, what could I lose?

I parked in front to regain my "creative begging" composure, walked through the doors (eyes big as saucers) and asked to kindly speak to the manager. Well, well -

See Rally, page 3.

### CONTACT THE YODELER

Ads, payments and articles for the Sept 1 issue must be received by August 15. Send submissions to [dahlia.grossman@verizon.net](mailto:dahlia.grossman@verizon.net) and payments to Mountain Yodeler, Box 444, Lake Hughes, CA 93532.

For more information, call 661-724-1293 or 965-2201.



Congratulations to Green Valley Day grand marshal Cheryl Lepisto. Photo: Janice Gantenbein

## Top Bands to Play 49ers Day

The AV's hottest new band, Laura Sorenson and BYOB, will open the 49er's Day Festival. Laura is an absolute dynamo on stage, with a beautiful voice and charismatic personality. You won't be able to stop smiling when you hear them! Following Laura and BYOB - at 12:30 - is one of the Lakes' favorite classic rock bands, Copper Hill.

At 5:30, dance to the music of the awesome Soulutionaires, with their original Reggae music, led by Lake Hughes' own Chris Brennan.

Topping the lineup at 10:30 pm is the greatest rock guitarist I've ever heard: the one and only Roby Duron of Elizabeth Lake. Don't miss 49er's on July 31st. The parade starts at 10.



Jan Clark of Sertoma and LVIA thanks Bill Penn (let), general manager of Rally Auto Group and Patrick Bonas, sales manager, for supporting Leona Valley's fundraisers. Photo: Ray Mullins.

## Pine Canyon Pot Cleanup

By Norm Judd  
Senior staff writer

A Pine Canyon resident returning home midday June 25 encountered a helicopter near the roadway airlifting what looked like marijuana. He alerted *The Mountain Yodeler* and Resident Deputy Bob Schneider gave this report:

"Although I was not involved, I determined that sheriffs, U.S. Forest Service, and DEA agents took 19,000 marijuana plants from two sites in the vicinity of Sawmill Mt. Campground, south of Highway N-2. Value was estimated at \$39 million. They also picked up 2,000 pounds of garbage left by the growers."

Deputy Schneider added, "There was a cook shelter, rodent poisons harmful to wildlife, and fertilizer at the sites. It's all cleaned up and there should be no real hazard."

See Pot, page 2.





## Lakes Blue Wins Southern Section Tournament Championship

By Mark Buchholz  
As manager of the Lakes Blue Little League Minor Baseball Team (Ages 9 to 11), I witnessed some fantastic baseball on June 22 as Lakes Blue won the Southern Section Tournament Championship of District 51 (Lancaster / Palmdale / Quartz Hill / Lakes Valley).

All season, Lakes Blue might catch one fly ball in the outfield during a game. That night, our nine-year old center fielder caught two fly balls – one on a full run. Our left fielder (who just started baseball last fall) also caught two fly balls. One he hurled to home right to the catcher's mitt to get the tagging-up runner from 3rd out at the plate (double play).

On the topic of flies, the umpire called time mid-game and went out to our pitcher to inform him there was a problem with his uniform – but the zipper had completely broken. He shook off that added mental challenge and finished out the inning strong before repairs could be made.

All the kids played an amazing game – with the

umpire declaring afterward that Lakes Blue played great baseball that night.

We celebrated at a pizza parlor afterwards, which doubled as a wedding anniversary dinner for my wife and me married, who were 19 years that day.

We had started the season hoping to win as many as we lost – but never dreamed Lakes Blue would go this far.

At our initial Tournament of Champions game on June 19, our catcher hit a home run – the first I'd seen from a Lakes player. After rounding 1st base and seeing the ball clear the center-field fence, she leaped for joy and our dugout emptied out cheering to meet her at home plate.

On June 24, the team lost the overall District 51 championship game against an undefeated Northern Section Championship team.

In the regular season, Lakes Blue went 11-5-3 (W-L-Tie) – demonstrating improvement through the season with a win or tie outcome in their final seven games.

The Lakes Blue players

were known this season for outstanding defense, great infield (led by a talented 10-year old short stop), strong pitchers (one after another), and "all-star" catching – while displaying good attitudes and prevailing teamwork.

I am grateful to the coaching staff: Chris Perry, Annette Moore (with help from Elise Moore), to our team mom Della Garcia, to our score-keeper Jeannette Caldera, and for all the parental support through the season. We were blessed to have such great players making up the 2010 Lakes Blue Team:

Natalie Zopellis #13  
Drew Moore #15  
Garrett Williams #7  
Danny Garcia #9  
Javier Parker-Caldera #21  
Vidal Parker-Caldera #32  
Anthony Miller #20  
Ian Smith #25  
Tristen Calhoun #12  
Elijah Woodruff #1  
Christian Perry #8  
Duane Buchholz #2

**Lakes Blue 2010**  
Tournament of Champions District 51  
Southern Section Champions

North #1	West #1	East #1	South #1
Black #1	White #1	Blue #1	Red #1
Green #1	Gold #1	Silver #1	Bronze #1
Iron #1	Steel #1	Copper #1	Aluminum #1

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## Pot,

from page 1  
and to anyone visiting the area. No arrests were made. Schneider said that in the past five weeks \$5,000 worth of street value of \$170 million have been seized from the forest.

Schneider believes the helicopter activity frightens the growers from the area before ground units can get there. Consequently, there are few arrests.

Sheffels, DEA and U.S. Forest Service seized another 11,000 marijuana plants July 1, 2010 from a site in the forest in the vicinity of the Old Ridge Route and Pine Cyn. Rd. There were no arrests but the investigation continues.

## Rally Auto Group Helps Leona Valley (from page 1)

out walked Mr. Patrick Bonas, asking "how can I help you?" Much to my surprise and his, I handed him a proper letter of request regarding the sponsorship for these special wine glasses and explained the need. Mr. Bonas said "I will call you in one hour."

Well, folks, I was already thinking negative thoughts, but much to my surprise, my cell phone rang with a positive "no problem" response – just give me the estimate. Needless to say, I shed a tear of pure gratitude – I was on cloud nine – and thus, the beginning of many more "no problems" and "how can we be of help?" from Rally Auto Group.

Since 2008, Rally has sponsored two Sentoma "Cala" for Heritage Park, one Ice Cream Social for LVA, Quartz Hill High Football Boosters, the up and coming Sentoma "Happy

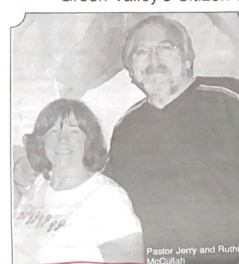
Days" sock hop scheduled for September 18 and, finally the October 23 Chili and Coddler Cook-Off hosted by LVA. I still ask "how did our community ever get so lucky?"

So, on behalf of Sentoma, LVA and Leona Valley in general, we say THANK YOU to Rally Auto Group for saying "no problem." You exemplify true value and integrity to the fullest. Being the great philanthropists that they are, Rally has allowed Leona Valley's organizations to share their profits for the well being of all concerned, thus allowing us to progress, while remaining a true, small town piece of "Americana."

Or, as my grandson, Austin Clark, used to call it when he was a small boy – "THE ONLY VALLEY" FOLKS. IT JUST DOESN'T GET ANY BETTER THAN THAT!

See also, page 18  
Humbly shared by Jan Clark

## Green Valley's Citizen of the Month



Pastor Jerry and Ruth McCullah

By Glenn McConnell  
Staff writer

Five years ago, a loving and gentle man of God came to Green Valley. He was selected to pastor the Green Valley Bible Chapel.

Pastor Jerry McCullah and Ruth, his wife of 28 years, have truly been blessing to our community. Pastor Jerry learned about Green Valley from a friend during a sabbatical. From the moment he saw Green Valley, Pastor Jerry knew he was home.

Pastor Jerry's love for God and God's children coupled with his manly "mountain man" appearance makes him a wonderful fit for Green Valley.

As a young boy, Jerry grew up in Granddy, Missouri. At the age of 19 years old, Jerry joined the United States Air Force and served in Viet Nam (Cam

See GV Citizen, page 5

## Letter to the Editor

To the editor,

After understanding that Donna Sharpe, who has been serving our communities at the Lake Hughes Post Office for 20 years did not get the position of postmaster after Jeanette retired last year.

As all of you know, Donna has faithfully performed her duties with excellence, professionalism, good humor, and not least of all, Donna has treated us all with compassion, kindness and common sense.

We think that the U.S. Postal Service needs to elevate Donna Sharpe to the position of postmaster at our community post office in Lake Hughes. It is our understanding that, if appointed to this position, Donna would accept.

Write to the following in support of Donna:  
USPS Office of Consumer Affairs  
28201 Franklin Parkway  
Santa Clarita, CA 91383-9606

There is also on-line info as to the chain of command for our post office at 800-275-8777.

Thank you from concerned citizens of the Lakes & Valleys.

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Rick Sinclair  
724-0123

## Golf Course, from page 1

tage of the sun's rays to heat the pools, solar panels may be enough to heat the water. Pool hours are Wednesdays through Sundays from 11 a.m. to 8 p.m.

Fanning said she would like to open the grounds to more day use patrons and is developing a package for people who are only interested in the pool area. For a single person, the cost would be \$60/month; families would pay slightly more.

She said that those who have been paying for the day use annual pass (\$395/year) would be eligible for a discount next year if they chose to access only the swimming pool. "I want it to be fair for everyone," she said. The Ranch staff is contacting all existing day use patrons to talk about the new plan.

In addition to the pool area, all the other recreational facilities are open, including tennis and basketball courts, the paddock pond, and the picnic grounds. The 18th annual Roast at the Ranch will be held on August 14 to allow the community to enjoy the facilities. Use of the pool, recreational areas and picnic areas will be free. Lunch will be available for a small charge. (See enclosed flyer.)

The golf course now has extended hours and excellent rated. Weekday mornings the cost is \$25; after noon, it's \$205. Weekends, the cost is \$45 and \$25, respectively. The hours are 7 a.m. to 6 p.m. to allow people to play after work. Just get there before 6 p.m. and you can play at the driving range or on the course until dark. (Also, see coupon on flyer.)

The Greenside Grill is open Fridays, Saturdays and Sundays from 9 a.m. to 4 p.m. The bank will operate until they find someone to take over the business. So far no one has made an offer, according to Fanning.

Nevertheless, some of the problems of the past have been taken care of. "We have an excellent chef and

we've gotten a lot of compliments," said Fanning, who admitted that there was a time when the food was not up to par.

"We changed the menu back and added some items that people were asking for, such as Angus Burgers and the seasoned French fries. It's definitely way better. Come check it out," she said.

The Ranch's archery booth will be back by popular demand at 48er's Day (July 31). Stop by for a free lesson from Gilbert Garcia, golf course superintendent. Also look for the Greenside Grill's booth. Please make sure to stop by and support our employee Liz Nicholson who is running for Lakes Honorary Mayor.

If you have any questions about the golf course, the RV park, the Greenside Grill, Roast at the Ranch, patron packages or the archery booth, call 724-1271.

### Request from the management

The Ranch staff have noticed many community members using the property for exercising and leisurely strolls. We understand that the golf course and surrounding grounds are an excellent and safe place for individuals and families.

We ask that all parties interested in using the golf course, RV park or any paths on the property contact us for a "Walking Pass." The grounds are private property and we do have certain rules that we would like guests to abide by for their safety and the safety and enjoyment of paying customers using the facilities.

There is no charge for a walking pass, and it will give us an opportunity to meet our neighbors and let them know how they can best access our property.

## Community Women's Fellowship and Bible Study

WE MEET ON THURSDAYS STARTING SEPTEMBER 9TH - 9 AM - 11 AM

At The Oaks Camp and Conference Center 18651 Pine Canyon Road, Lake Hughes

In the Dining Hall

Childcare is available

For information and/or directions

Call Christine - 724-0564 or Dawn - 724-9112

## Ana Vargas Wins Scholarship

Congratulations to Ana Leticia Vargas, who won a scholarship from Suffolk University in Boston, where she plans to major in psychology. Ana received her AA degree from Antelope Valley College in June. She took many college courses while still in high school and was able to complete the two-year AA degree in one year.

Ana is the daughter of Juan and Cristina Vargas, owners of RV Auto in Leona Valley. Her parents, brother Juan Jr. and Jesus and aunt Gabby all share her excitement. Good luck, Ana!

## Letter to the Editor

To the editor:  
This income tax stuff is a huge smoke-screen. Working people don't go bankrupt from Federal taxes. But they do from credit card debt. Now why do you suppose Rightwing politicians go on and on about Federal taxes, but not credit card interest? Including the recent shameless increase in credit card interest on people with perfect payment records.  
Will Brown, Palmdale

## AV Libertarian Party to Meet

The AV Libertarian Party will hold its monthly supper club meeting on August 20 at Greenhouse Cafe in the AV Mall. Supper Club meets at 7 p.m. and the business meeting is at 8 p.m. The food is good and the company better so be sure to show up!

## GV Citizen of the Month

from page 3

Rahn Bayl. Viet Nam caused him to grow up fast. In 1959, Pastor Jerry returned to Viet Nam as a member of a medical team and led a prayer walk.

Jerry recalls that in 1978, on a Wednesday night, at 7:30 p.m., his life was changed forever. It was that Wednesday evening that he accepted the Lord Jesus Christ into his life.

Jerry recalls that he didn't like public speaking but he was being drawn to the ministry. Jerry enrolled in Southwestern Baptist Theological Seminary in Texas.

With Jerry, came Ruthi and their five children. While in school, Jerry had a massive heart attack. During his recovery, the doctors were unable to detect any heart problems. Jerry stated that the Lord told him he would be okay.

Jerry completed his pastoral training at Golden Gate Seminary in San Francisco. Pastor Jerry has been serving the Lord as a minister for over 30 years.

For many years of their lives, Pastor Jerry and Ruthi have made the Bakersfield / Kern County area their home. Prior to coming to Green Valley, Pastor Jerry led the congregation at the 1st Baptist Church in Tehachapi for 12 years.

In 1994, Pastor Jerry began a prayer ministry. It

was a two-fold ministry, the first part being evangelistic (sharing the love of God with others) and the second part for those who were saved to then enjoy a close and personal relationship with God.

In 1995, Pastor Jerry traveled to Russia and taught in underground churches. In 1996, he traveled to China. Pastor Jerry's message told people they could have life more abundantly through prayer.

Currently, Pastor Jerry also serves as the "Healthy Church Group Prayer Consultant" for the California Southern Baptist Convention. He also conducts prayer seminars and is the founder of an organization called Impact Prayer International.

The Green Valley Bible Chapel was established almost 60 years ago. It is located at 15228 Calle San Luis Photos. Sunday School begins at 9 a.m. and Worship Service begins at 10:30 a.m.

Pastor Jerry is available on a 24/7 basis to all residents of Green Valley who are in need. He can be reached at 270-9671.

It's folks like Pastor Jerry and Ruthi who make Green Valley such a great place to live. You folks are one of Green Valley's finest and I salute you!

Last winter the ministry also received donations of firewood and was able to pass it on to folks in need.

Please check your paintbox for can goods or dry goods (rice, beans, pasta, etc.) and be part of the team. If you are in need of food or can donate food, please contact Glenn at 270-9016.

(A Heart Full Of Love Always Has Something To Give)

## LAKES WOMANS CLUB

NEXT REGULAR MEETING  
Wed., August 11 at 7 pm  
Lakes Community Center

All Lakes and Valleys women welcome!

For information about joining the Lakes Womens Club, call Judy at 724-2382.



Cell phone for senior citizens (This is no joke, I have one!)

## Code 7 Ministries Seeks Food Donations

By Glenn McConnell  
Code 7 Ministries serves the needs of the Valleys and Lakes Communities.

The request for food continues to grow as our economy and unemployment get worse. Many are also seeing their government assistance reduced. All food donated to Code 7 Ministries is received from Lakes and Valleys residents. The concept is "locals helping locals."

Last winter the ministry also received donations of firewood and was able to pass it on to folks in need.

Please check your paintbox for can goods or dry goods (rice, beans, pasta, etc.) and be part of the team. If you are in need of food or can donate food, please contact Glenn at 270-9016.

(A Heart Full Of Love Always Has Something To Give)

Call Fire Fighters needed for Green Valley and Leona Valley. Call John Grimm at 270-1628.

## Lakes Town Council and County Trying to Protect the Lake

By Dahlia Grossman  
Editor/publisher

The Lakes Town Council is working with the county to bring the big lake to the attention of our political representatives and to show them that this great resource needs to be preserved.

Norm Hickling, deputy to Supervisor Antonovich set up a July 9 meeting with representatives from the offices of Congressman Buck McKeon, State Senator George Runner and Assemblyman Steve Knight.

"We spent a couple of hours at the lake," said Hickling. "They saw wildlife, turtles, blue herons and kids fishing. One thing we talked about was the trash, beer cans, etc. that is being left there. We were really able to really impress upon them the need for protection of this lake," he said.

Hickling said that, with the new county plan being drawn up, it might be possible to

change the zoning around the lake to prevent development on its shores. Under present zoning, a multi-unit building would be allowed in one area and a commercial building in another.

Although the town council and many residents would like to see the lake purchased and put into a conservancy, the asking price is \$19 million. "There's not a county or state agency that's going to pay that," said Hickling.

## Code 7 Ministries

A food ministry serving the Lakes and Valleys. If you are in need of food or have food to donate (canned goods or dry goods), call Glenn at 270-9016.

A food ministry serving the Lakes and Valleys. If you are in need of food or have food to donate (canned goods or dry goods), call Glenn at 270-9016.



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## the way i see it!

### The Need To Know

An opinion by Norm Judd

"It is a great thing to know the season for speech and the season for silence." (Seneca)

How much does the public need to know about crime and police activities? Having been a police officer, reporter, and local resident for many years, I have dealt with this issue from all sides. First Amendment rights to freely information are reflected in policy manuals of all police agencies. But the police are traditionally reluctant to let the media in on everything, often because aggressive reporters can interfere with vital police activities or distort the facts. I banned one such reporter from our police station, and his editor agreed.

On the media side, returning the public is their bread and butter and they have a Constitutional right of access to public information. Common sense cooperation usually alleviates serious conflict, but not always. It gets really sticky when individuals on either side don't understand their responsibility or simply neglect to make the relationship work. The heat can rise, right up to the U.S. Supreme Court. And the public gets what spills over.

The Mountain Yodeler always cooperates fully with our sheriff and would never compromise investigations or prosecute officers. And without all of the technological advancements of major, daily newspapers, (not even a fax machine) we are dependent on our local sheriff for details about what is being done about the bad guys among us.

We have one of the few Resident Deputy positions in the county because of the unique rural character of The Lakes & Valleys requires a close partnership, one that provides enough openness to ensure our mutual safety. But in the past couple of years,

residents including town council members have requested more information about crime and sheriff's activities.

For example, one Leona Valley resident said, "I'm tired of being treated like a mushroom. I should be told what terrible things are happening right next to my home!"

Another "gravelly-voiced" resident of Green Valley asked why the names of local identity theft arrestees were omitted from our story.

When release of information may be detrimental, the police usually explain, not necessarily in great detail, but something simple like, "Here's how it will jeopardize our case." Rarely will the media then refuse to hold up a story.

Bob Schneider has been our resident deputy for about seven months and all indications about his performance have been more than favorable! He is responsive to the community and open about his activities. And he agrees that The Mountain Yodeler can be a useful tool for him to reach all of us. How do you feel about The Mountain Yodeler policy and how much about crime and sheriff's activities do you want in our pages? Email the editor at [dahlia.grossman@verizon.net](mailto:dahlia.grossman@verizon.net) and let us know.

Deputy Schneider's boss, Captain Bobby Denham, commanding officer at Palmdale Sheriff's Station, will be the special guest at The Lakes Town Council at their August 7, 2010 meeting at 8:30 a.m.

He's the top law enforcement official in our area so join us and we'll see if this genial, professional agrees with -- The Way I See It!

If you would like to discuss this article with Norm Judd, call him at 478-2942.

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724-1293 OR 955-2201.

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### Treasure Box Stretches Food Dollars

The Treasure Box provides families and individuals with a 21-25 pound box of frozen grocery-store quality food that normally retails for between \$65 and \$100 for just \$30 each. No qualifiers. No restrictions!

Leona Valley Community Church provides these boxes in our community and neighboring communities once a month. We pick up the boxes that are ordered and bring them to 9306 Leona Ave., Leona Valley, so you can pick them up from us. To order your boxes and see the minutes please go to [WWW.thetreasurebox.org](http://WWW.thetreasurebox.org) and get ready to stretch your food dollars.  
661-270-0353

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**270-9118**

## Green Valley Charitable Hall Needs Your Help

By Bev Brownfield, contributing writer

2010 Green Valley Days was great wasn't it? The parade had lots of participants & we even had The Young Marines as our color guard. When the parade ended the socializing began: Horsehoes anyone? How about 50/50, cake walk, or chicken bingo?

Even the weather cooperated, with a gentle breeze while you browsed among the vendor booths with your friends and neighbors.

A live band was provided for your entertainment, along with kids games.

If you were hungry, drinks were plentiful (even adult snow cones) with hamburgers, hot dogs, coleslaw, potato salad, corn and beans. Desserts - lots of baked goods (Thank you to everyone who donated them) and ice cream, hot fudge sundays, banana splits, cones etc.

Need a little exercise? How about a stroll through the raffish and silent auction? Patty started in April getting all of these items, and could have used some help with it. Great job Patty!! Dick and Bev spend hours making signs, putting them out, and picking them up. They also spent five days working on decorating, shopping for all the food, and preparing with help from Patty, Vonne and our grandchildren, daughter and son-in-law.

As part of Green Valley, this event is put on for you! We would like to thank all who helped on the day of the event, including Alexandra Corrales, Cathy Anderson, Judy Kimmel, Bob Porter, Frog, Cheryl Bain, Frog's brother, Gordon Jacks, Diane and Vonne McCullough, Bob, Patty and Valerie Weisner, Cheryl Lepisto, Ray Benapatt, Gay Ware, Kathy, Larry and Alice Goetzel and Mary Ann Miles, Linda Joynt, and Marie Pruitt from Lake Elizabeth and Cleo Skag from Lancaster.

Also a thank you to the Kimmels for the wine donation and to Natalie Ambrose, for making the parade events signs.

Have you ever considered that this event might not happen, along with all of the other events? As part of Green Valley community we NEED HELP. FRESH IDEAS and VOLUNTEERS. Come to a meeting and have your say! We meet the second Tuesday each month at 7:30 pm, at the Charitable Hall.

## Lakes Town Council Seeks Candidates

The Lakes Town Council is seeking community minded individuals to run for openings on the town council. The application period runs from August 15 through September 30. The final application cut-off date is October 15; but those who apply at that time are not guaranteed participation in the Candidate Forum meeting.

An applicant for the town council must be at least 18 years old, provide proof of residency and demonstrate suitability for the position. The application fee is \$20.

There will be a booth at the 4th of July event at the community center for those who would like more information about the Town Council and the duties of being a member of the council. There will also be more information to follow in The Mountain Yodeler and at the next town council meeting on Saturday, August 7 at 8:30 a.m.

If you do enjoy helping your community, but prefer to take a less active role, we are also seeking individuals to serve on the election committee. The committee meetings will be held on

**P.J. DEHAAS**  
PROPERTIES

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**Lake Elizabeth, Lake Hughes, Leona Valley, Green Valley and Other Outlying Areas**

New 2010 Lake Elizabeth Home - 4 bedrooms (2 masters: one up, one down), 3 1/2 baths, granite counter-topped kitchen w/ breakfast bar & dining area while floors, living room has Bouquet Cyn Rock fireplace, master bath has jetted tub, all full bath have granite counters, tile bath-tower surround & tips, loads of summer fun. This is a must see home. \$399,000  
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Beautiful Ranch Home on over 1/2 acre w/ pool & Spa in Lake Elizabeth - 3 large bedrooms, 3 baths, family kitchen with the counters, large breakfast bar, living room has vaulted ceilings & rock fireplace w/ wood-burning insert, backyard features a fabulous pool & tips, loads of summer fun. This is a must see home. \$399,000  
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Custom home in peaceful Lake Hughes. This loving home has been totally rebuilt. New kitchen features granite countertops and new stainless steel appliances. New bathroom with granite tile. New hardwood floors. You must see the property detailed wood work in the dining room. Additional lots available  
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Beautifully landscaped Lake Hughes Homes - Completely remodeled 4 bedroom, 2 bath country home w/ original hardwood floors through out, wood ceilings & crown molding. Spacious living room features soap stone woodstove & rock hearth. Large patio deck & lush landscaping. 2 parcels totaling almost 1 acre. \$389,000  
CALL PEGGY DEHAAS (661)724-2592

**In Days of Yore**

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top or the upper crust.

Last night were used to drink size or whiskey. The combination would sometimes knock the inebriated out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a wake.

Thanks to Joan Morton for submitting this bit of history.

## Are You Ready for Some Football?

The new AV Vikings semi-pro football team is about to begin its 2010 football season!

AV Vikings owners Bob Walker and Joe Jopla are pleased to announce that their newly formed expansion team was accepted into the Leona Valley Community Football League (LCFL) this year by unanimous decision.

The LCFL is one of the most competitive and exciting minor league football organizations in America. The league was established in 2003 to provide the opportunity to play football at a competitive level for the skilled athletes that love the sport and the serious athletes that are attempting to reach the professional level.

For more information on the LCFL and the AV Vikings check out the LCFL Football website at <http://www.lcfl.org/> Bob and Joe have sought

the most skilled athletes from the Antelope Valley and its surrounding communities to be a part of this football team and are working hard to bring this community the excitement and entertainment that only the game of football can generate.

The AV Vikings are looking forward to you and your family joining us for all our games, special events and fundraisers.

AV Vikings 2010 FOOTBALL SCHEDULE

August 14, 2010  
AV Vikings @ North County Coors  
August 21, 2010  
California Dolphins @ AV Vikings  
August 28, 2010  
AV Vikings @ Inglewood Blackhawk  
September 4, 2010  
AV Vikings @ San Luis Obispo Panthers

September 11, 2010  
Los Angeles Generals @ AV Vikings  
September 18, 2010  
AV Vikings @ Central Coast Grizzlies  
September 25, 2010  
Long Beach Lions @ AV Vikings  
October 2, 2010  
BYE  
October 9, 2010  
AV Vikings @ Orange County Ravens  
October 16, 2010  
So Cal Bulldogs @ AV Vikings  
October 23, 2010  
South Bay Skulls @ AV Vikings

All home games are played at 7 pm at AV High School, 44900 Division Street, Lancaster.

For more information about the AV Vikings check us out on the web at [www.avvikings.com](http://www.avvikings.com) or find us on Facebook under "AV Vikings"

## Leona Valley Important Person Bill Farris



Bill Farris was not only the grand marshal for this year's Cherry Parade, he is also the June LVIA Leona Valley Important Person.

Bill is a Southern California native who was born in Tall and lived there until 1970, when he entered Cal State Los Angeles. There he continued his college education as a music major, graduating in 1972.

Bill met his wife Sue at the wedding of her sister to his brother. Brothers married sisters when the couple were married in June 1972.

Our LVP started teaching music at Tostaff Junior High, Centris, in 1973, and

remained there for 11 years before moving to Leona Valley. During that time Bill and Sue had four children: Joni, Jana, Jessica and Jonathan.

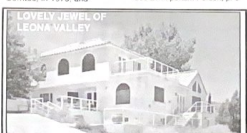
Bill accepted the music teacher position for the Westside Union School District in 1984 and was the only music teacher for Joe Walker Jr. High, Quail Hill Elementary, Valley View Elementary, Old Sur Elementary and Leona Valley Elementary schools.

He continued as the only music teacher for about four years, when a second teacher was hired. During that time two other schools were opened. While band director of the Joe Walker Marching Band, Bill brought the band to participate in our Cherry Parade.

In 1989, Bill left the Joe Walker program and for the next five years taught only elementary band students.

In 1994 he began at Hillview Middle School, still continuing to teach at elementary schools.

See LV Important Person, p. 9



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Felicia Grady 661-433-2244

## Leona Valley Important Person

He taught Leona Valley students for 12 years but had to give up his job to another teacher in order to divide four music teachers among all the district schools. Some of his fond memories are of the students he had during his years at Leona Valley School when his son, Jon, his nephew, Abram, and Michelle Knott (now a Farris) were students in his band program.

During his 26 years at Westside, Bill taught in every one of the district schools except Newach and Ana Verde Hills. June 4, 2010, was the last day of his 37-year teaching career, leaving a legacy of students who have learned the discipline and love of making music.

On Friday, May 14, Bill was surprised with a party in honor of his retirement given by former students and parents held at Hillview Middle School.

When they came to Leona Valley, Bill and Sue became involved in the Junior High RANA program at the Community Church and have been working in that program ever since. When our valley was threatened with windmills being built on our ridges, Bill joined the committee that fought that development and forcefully defended our position in public hearings. Over the years he has also been seen lending a hand fighting wildfires.

Sue and Bill are looking forward to catching up on rest. They had planned to move to the Seattle area, where their five grandchildren live, but they are staying put for now. A planned trip to Hawaii was put on hold when Sue fractured her ankle just before the Hawaii party. They have no immediate travel plans, but the "path" to their grandkids will most likely be well traveled.

See LV Important Person, p. 9

## History/Mystery/Poker Run

On August 21, 2010, the Lakes Community Center will have their next 8-month History Outing. You must register for this event! The event will begin at the LCC on 7550 Elizabeth Lake Road starting at 4 PM. Contestants can go alone, in couples, or for more fun have a safe car full. Each person, or couple, can purchase a poker hand for \$10 or as many hands as they would like to play.

For safety reasons this will not be a timed event. Only the best hand of poker will be the winner. In the event of two or more hands of equal value occurring, there will be a draw with high card winning. On hand will be dealers who know how to tell what are the top hands as contestants return. The winning hand will receive \$50 in prize money.

We need to sell lots of poker hands so register soon and tell us how many hands you plan to purchase. This is a fundraiser to help with the restoration of the east wing of the LCC building. Have you seen the work almost completed on the west wing? Three of our local men, Mike Goetsch, Bill Beeson and Tom Jaynt, have put in so many hours to make this dream a reality. Trust you were able to see it at 49ers Day!

How the History/Mystery works is each car will be given a sheet telling them where a History/Mystery place is located. It will have information about the history of this treasure in our area. At each historical site, you will pick up a sealed card (or one for each card hand you have purchased) that must remain sealed until the dealer opens it. Also, you will be given a sheet where your next History/Mystery location is to be found. After you have been to all five spots and collected your cards/hands, you will return to the LCC where the winner will be determined.

We have set this up for early in the afternoon because we want to be going to the History/Mystery spots in daylight. To continue the fun evening your party may want to move on to the Rock Inn to have drinks.

Join us for the fun of the 2010 History/Mystery/Poker Run! To register or for more information call Tom or Linda at 724-0737.

## Sheriffs Report

By Norm Judd and Danila Grossman

Resident Deputy Bob Schneider received a report of someone setting off fireworks at the east end of Lake Elizabeth. "In Elizabeth Lake, a resident reported that young adults have been seen roaming the neighborhoods together disturbing residents by setting off loud fireworks, possibly M-80s, at late hours," said the deputy.

Someone recently scratched what appears to be gang graffiti into several windows at The Lakes Post Office on June 25, according to Schneider. "The amount of damage will certainly classify the crime as a felony," said Schneider. "The windows were etched with a Van Nays gang writing. They were probably visiting someone at the camp. They left their monkey, so the gang guys will pay them a visit," he said.

A resident reported to the deputy at the Lakes Town Council meeting that someone threw eggs at her house and at a couple of cars. "Someone in a vehicle is doing this," she said.

A council member added that motorcycles have been racing up and down Sandrock late at night. Deputy Schneider replied that if an unlicensed motorcycle is seized, it is not returned. "I actually got a motorcycle the other day in Elizabeth Lake," said Schneider. "The kid lived on Chiptree and was driving very fast. It was unregistered and it will go to auction. They can never get it back," he said.

Deputy Schneider urged residents to call the station if they see anything suspicious. "If you see kids out late in a mob, you know nothing good is going to come of it," he said.

A sheriff's unit now patrols The Lakes and Valleys from 8 p.m. until 4 a.m. every night as part of a federal program called Summer Suppression.

Deputy Schneider again emphasized the importance of making official reports of illegal activity. The Mountain Yodeler will also forward such reports to our sheriff.

## Dave Says

Travel sports are a luxury.

Dear Dave, My husband lost his job a few months ago. He's found another one since then, but we're still trying to rebuild our finances. At the same time, our daughter plays softball on a travel team. It's a great character-building experience, but the costs involved can be pretty high. Do you think we should cut down on the travel team activities for a while?

Natasha

Dear Natasha, You're right. Playing sports can be a great part of the character-building process. But she can learn character lessons playing in a softball league at your local park. She doesn't have to travel all over the place to learn these kinds of things. If you have kids, there's a pretty good chance you're going to want them to have some extra-curricular activities and interests. That comes with the territory, and it should be a fun and rewarding experience for everyone. You just have to take a look at your financial situation—and the kid's desires and abilities—and make sure it's a reasonable amount of money.

In your situation, playing on a travel team right now is a luxury. You don't need to be footing the bill for hotel rooms and gas and stuff while you're trying to get back on solid ground financially. Chances are, this child is not going to make a living playing softball. Even if she is that good, she can still sharpen her skills in a home town league until you guys are back on your feet.

I'm not opposed to kids playing on these kinds of teams per se. But you can't allow the cost and time involved to undermine the needs of your family or blow your budget!

—Dave

For more financial help, please visit [daveramsey.com](http://daveramsey.com).

## Paying off the house.

Dear Dave, My wife and I are following your plan, and we're in the middle of paying off our debts (the credit snowball). When we told my mother-in-law that by doing this we'd be able to pay off our house within 10 years, she told us that would be a stupid move. She couldn't give us a reason why she thought it was stupid, but we couldn't convince her otherwise. How can we explain things to her?

Jason

Dear Jason,

Okay, she's telling you it's a bad idea, but she has no idea why it's a bad idea? It sounds to me like she's the dumb one if she thinks you should behave a certain way, but can't even tell you why. If someone can tell you why they have an argument against something, then they have no argument in the first place!

A lot of talking heads think it's smart to not pay off your home. They tell you things like "it's better to borrow money than to own a house." What they won't tell you is that there's a very real reason for this. Why in the world would you take a chance on losing your home over something like that?

Another line they'll throw out is that you don't want to lose your tax deduction. This one's really silly! If you have a \$200,000 loan at five percent interest, you'll pay about \$10,000 a year in interest. Now, let's also say you make \$70,000 a year, and you're in the 25 percent tax bracket. That \$10,000 tax deduction is saving you \$2,500 in taxes in essence, you're sending \$10,000 to the mortgage company to keep from sending the government \$2,500. That's pretty stupid! You'd be better off to be debt-free and give \$10,000 to some charity or your church. That way, you'll have on taxes and do some good with the money.

By paying off your home, you decrease risk and gain a ton of security!

—Dave

For more financial help, please visit [daveramsey.com](http://daveramsey.com).

## ARE YOU BUYING OR REFINANCING YOUR HOME OR GETTING A LOAD MOD?

Don't let your lender use an out-of-town appraiser!!! Many real estate transactions are failing due to out-of-the-area appraisers without local knowledge.

Lenders can order any qualified appraiser they choose and they don't need to use an appraisal marketing company to do so.

Ask your lender to contact Elisabeth Bernhart, experienced LOCAL appraiser with knowledge of the Lake Hughes, Elizabeth Lake, Green Valley and Leona Valley areas.

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Most homes \$350 to \$400.  
(661) 724-0646



## The Art Page

Todd Cooper  
Art Editor

*state of the ART in our community*

### "Small Faces" Paintings of People at LVAG

This month's Art Page is entirely shameless self-promotion. Sorry about that, but I only have a show once every two years and I want you all to come.

Throughout the month of August, your humble Art Editor will present an exhibition of paintings, almost exclusively depicting the human face and figure.

Many of the small format paintings are from low resolution images posted on the internet, and were painted live on webcam.

The show begins on **Sunday August 8th**, with an opening reception from noon until 5pm.

The following **Saturday, August 14th**, I will give a live charcoal portrait demonstration, in the gallery. This demonstration will be video taped as well as broadcast live on the internet via Ustream. If

you can't make it to the gallery you can still watch and interact via the chat at [www.ustream.tv/channel/coyote-studio](http://www.ustream.tv/channel/coyote-studio).

THE LAKES & VALLEYS GALLERY PRESENTS

## SMALL FACES

*Recent works by Todd Cooper*

LIVE  
PORTRAIT  
DEMONSTRATION  
o  
SATURDAY, AUGUST 14  
1PM - 4PM



August 8-29, 2010  
Opening Reception  
**Sunday August 8, 12-5PM**

LAKES & VALLEYS GALLERY  
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### LVAG NOTES

LVAG logo merchandise is available at [www.zazzle.com/TheCoyoteStudios/LVAG](http://www.zazzle.com/TheCoyoteStudios/LVAG). The next LVAG general meeting will be Sunday August 29, 2010, 2pm, at the Lakes & Valleys Gallery, 43751 Lake Hughes Rd, Lake Hughes.

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Lakes & Valleys  
GALLERY

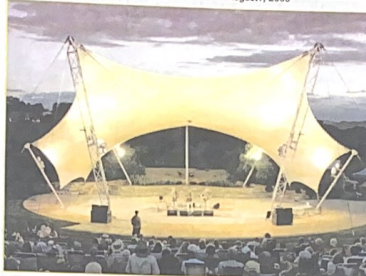
43751 LAKE HUGHES RD.  
LAKE HUGHES, CA 93532  
featuring works by local artists

*small faces*  
recent works by Todd Cooper

August 8 thru 29



661-724-1312  
Open Saturday & Sunday  
10am - 4pm



Celebrity Dog: Congratulations to Grizzly, owned by Alice and Jay Benoit of Leona Valley, who is the new Ekamta dog! Trainer Janice Gartenbein knew that Grizzly was a star in the making and took him for his very successful "audition."

Photo at left: Tony Unger of Leona Valley and band recently performed in Lakewood, Colorado. The band received a standing ovation, which is unusual for an outdoor show. The band has already been invited back to play their performing arts center next year.

A few days after the Lakewood show - on July 4th - they played at Loveland, Colorado. As the second set started, the rain came and soon they announced a tornado warning and golf ball sized hail. It was a huge covered stage so Tony brought much of the audience on stage and had an acoustical sing along for the next hour until the storm passed. They ended up canceling the fireworks because of the weather. Ahhh! Show business.

Next the band went to Southern Arizona, Tulsa, then to Northern Arizona.

The band plays music from the 60s and some music from the 70s, covering groups like The Kingston Trio and The Limelights. If you want to learn more about the group, go to [www.thefolkcollection.com](http://www.thefolkcollection.com).

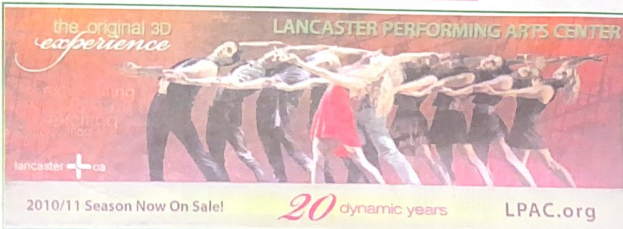
Tony is also the owner of Genesis Construction.

### Water Fight Continues

By Dahlia Grossman, editor/publisher  
Leona Valley's Water Committee has signed a settlement agreement with California Water Service Company regarding the proposed rate increase. At the July meeting of Leona Valley Town Council, committee co-chairman Chuck Fluharty told the audience: "We signed off on certain items that were submitted to the administrative law judge. The judge is now deciding what he's going to submit to the commissioners."

Until that happens, those who attended the settlement conference are unable to discuss the confidential proceedings, voters.

It was suggested that, in three years when Cal Water asks for its next increase, members of the water committee who can not attend the settlement conference in person attend by conference call.  
Lana Seymour noted that Lancaster is still writing letters protesting the rates. "They intend to stay in there with us and fight the battle with us next time," she said.



## GREEN VALLEY 4TH OF JULY PARADE

Photos by Janice Gantenbein



Antelope Valley CERT Coordinator, Christine Ulrich and Lakeside Valley's Team Captain, Robin Kennard.



Firefighter Specialist Smith and Firefighter Armitage from Station 78.



Rescuers, Harvey Kuch (left), Susan Zahner (right), with victim Sand Rogers (center).

## GREEN PEOPLE

By Robin Kennard, contributing writer

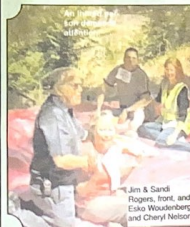
Some of you may have noticed a lot of people with green vests and helmets in the Lake Hughes area on June 26. A CERT refresher for the Lakes and Valleys team started early Saturday morning at the community center and moved to the Church of the Lakes after an 8.5 earthquake trapped 20+ "victims." Supplies from the Fire Safe Council's Emergency container were transported to the church and used in search and rescue, medical triage and a cribbing rescue.

Fifty-one CERT members from Tweedy Lake, Three Points, Leona Valley, Green Valley, Elizabeth Lake and Lake Hughes and 10 volunteers participated in the exercise. The Three Points team members have had a few refreshers of their own and did an outstanding job. Many of the CERT members from Green Valley were brand new to the program, having just graduated in May and did a great job using their newly acquired skills. Frank Toothaker from Elizabeth Lake was the incident commander for the exercise. Dick Zahner from Three Points was the communications leader, Michelle Hamilton of Elizabeth Lake was the search and rescue leader, Ian Coster of Three Points was the medical leader, and Peggy Moore of Elizabeth Lake was the logistics (supplies) leader.

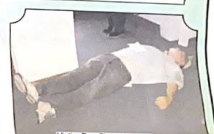
Our victims took their roles seriously; some performances were worthy of Oscar nominations! Thank you for your help in making this realistic. A big thank you to Fire Station 78 for opening your station for a meet and greet for all the CERT members, for taking the time to offer advice on procedures and for critiquing our exercise. Thank you to Church of the Lakes for allowing us to turn their buildings into a "disaster."

Everyone who took part in this exercise is to be commended for making this a huge success. It makes me very proud to be the captain of the Antelope Valley's best and biggest group of CERT team members.

We are planning to have another refresher in Green Valley in October. Hope to see you all there. Photos: Norm Judd



Gene Hentz and Michelle Hamilton.



Victim Ron Simpson.



Left to right: Robin Kennard, Susan Zahner, Chris Wanggard, Debi Tallent, Harvey Kuch.



Victims Micky Palmer, Dorothy Soborg, Betty Young and Heather Hamilton.



## Blessings and Burdens, Coming Home and The House that Built Me



By Altare Koso  
Our family has had many adventures over the years. Six summers ago we traveled to Germany to visit all 50 of our daughter, Chloe's cousins. We saw (Marion Kosloski) grew up. We immersed ourselves in the culture and language. It was challenging and exciting, especially driving on the Autobahn!

This summer, it was my turn. Chloe and I visited my hometown of Portland, Oregon where it rains 300 out of 365 days a year. That sounds nice right about now during our hot August nights here in The Lakes Community, doesn't it?

I showed Chloe the houses that I lived in, where I learned to swim and play tennis, my schools, friends and of course the famous Powell's Bookstore.

Before we left on our trip Chloe introduced me to the song "The House That Built Me" by Allen Shamblin and Tom Douglas. It made me cry.

The song is sung by country singer Miranda Lambert on her 2009 CD Revolution. It is about revisiting one's hometown and childhood memories. The

song inspires in one the hope of regaining strength and of understanding of who one is. "I thought if I could touch this place or feel it. This brokenness inside me might start healing. Out here in the sun, where I found myself."

The blessings of "coming home" are all the powerful memories and feelings one experiences. The burden is being torn.

When I was in Portland, part of me wanted to stay. My childhood heart and soul belongs to Portland, but the adult Altare and my daughter's heart and soul reside in the Lakes Community, from even before her birth. Chloe saw the house that built me in Oregon.

Paul's home was Germany and then the house that built him is in Canada. Both our fathers and mothers built our homes.

Chloe lives in the house that built her. We renovated Chloe's 1880s home. We laid the tile, did the framing, put up the dry wall (with a lot of help from others too).

So did I find myself? Did I heal my brokenness? Yes and no. The burdens, struggles and obstacles I face remain. One may ease or lessen the burden. For me,

running, hiking, bicycling or doing Yoga outside give an immediate positive feeling. The roots our family has here in Lake Hughes are more than 40 years, as our Cottonwood trees have roots more than 100 years deep.

Connecting to nature is my medicine. I write you to rejoice with me for the inaugural Painted Turtle Camp Challenge Ride Sunday September 12, 2010 (11- or 36-mile loop or Metric Century). Every dollar raised helps send children with serious illnesses to our Painted Turtle, free of charge for an empowering and the changing experience complete with round-the-clock medical care.

Please register today at [www.teamhelenhewall.org/RTCPaintedTurtle](http://www.teamhelenhewall.org/RTCPaintedTurtle).

I count my blessings for our little community, whether one just moved here, is a newcomer, just passing through or if one is an old timer or "gizzer."

I am grateful for our dear barn owls. I did not realize how emotionally attached I was until after they were gone. The seven barn owls: mom, dad and quinquaglets have left the nest. Here are photos of the last two "baby" owls by Todd Batsey. Home, sweet home!



Photo above: Lakes and Valleys Conservancy volunteers, Rosanna Pilggy and Christine Cody with Conservancy mascot, Midnight. The Conservancy will have a booth at the 49er's Day celebration and will also have an amazing spinning wheel with free prizes! Stop by and learn more about the Conservancy.

## Mail Carriers Finish Routes

By Dahlia Grossman  
Last month both postal service contractors serving the Lake Elizabeth and Lake Hughes area expired and the new contracts were awarded to the lowest bidders.

Because they did not submit the lowest bids, Trendi Miller and Jesse White have been unwillingly retired from delivering your mail. Although it is sad, we wanted to be sure that they are acknowledged for the tireless and exceptional service they have shown to all of us over the years.

Six days a week for almost 20 years Jesse's day started at 4 a.m. at the Painted Distribution Center where she picked up all the mail for our area. After unloaded them into hampers, sorting and rubber banding them for delivery, she drove an hour and a half to deliver the mail. She would call each customer who had a package and tell them to meet her at the mailbox or she would put it in a special spot. Then she would purchase several copies of the Air Press for those customers on Pine Canyon who no longer have newspaper delivery in their area.

Jan Coster, one of her Three Points customers, said "She wasn't just a carrier who delivered the mail but a friend who took care with each delivery she made, and she will be missed."

See Mail Carriers, page 19

## BUSINESS DIRECTORY

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724-1293 or 965-2201

### Advertising Rates

Business card: \$35/mo.; \$210 / 7 months  
Two business cards: \$45/mo.; \$270 / 7 months  
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List your double sized business card in 2 different categories: \$75/mo.; \$450 / 7 months  
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Classified ads: \$10 for the first 20 words; 50 cents per word for additional words. Ads are due with payment on the 15th of the month preceding publication.

FOR MORE INFO, CALL DAHLIA at 724-1293 or 965-2201 or email [dahlia.grossman@verizon.net](mailto:dahlia.grossman@verizon.net)

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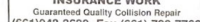
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## Everyone Mark Your Calendar!

### Sock Hop

You don't want to miss the very first "Happy Days" 1950's Era Sock Hop sponsored by Rally Auto Group and hosted by Leona Valley Seniors on Saturday, September 18 from 5 - 9 pm at the Leona Valley Community Building, 8367 Elizabeth Lake Road.

This family event is a fundraiser for the purpose of raising enough money to purchase classroom sound systems for local elementary schools. These sound systems have proved to enhance the communication between teacher and student, and lift the students' self-esteem.

Old fashioned burgers, hot dogs, mac 'n cheese, coleslaw, root beer floats, cherry cokes and nostalgic candy will be served. Just for added fun, there will be a hula hoop, dance and a 50s era costume contest with prizes to be won.

Put on your "dancing boots" such as your poodle shirt, white sport coat and bobby sox and Rock 'n Roll to the music of "Boyz n the City." Included is a classic car display, 50/50 drawing, and silent auction with a children's book signed by Henry Winkler, Filmore & Western family train ride, Universal City tickets, and a Ventura Anacapa Island tour on the roster.

Adults: \$15/single or \$25/couple, seniors: (55 or older) \$12/single or \$20/couple, kids: \$6 for 12 and under. Tickets are on sale now. Call Jan Clark 270-9268.

**Wine Tasting** by Leona Valley Winery at extra cost to benefit the restoration of the 1915 Era One-Room Schoolhouse. Includes tour.

**Chili and Cobbler Cook-Off**

Don't miss the very first Chili and Cobbler Cook-Off "The Ultimate Throw-Down" sponsored by Rally Auto Group and hosted by LVA taking place on October 23 from 4 - 8 pm at the Leona Valley Community Building, 8367 Elizabeth Lake Road. Enjoy Bronco Burgers, DePly Dango, Smoker Beans, Cowboy Corn Salad and Sioux City Sarsaparilla, all for the cost of Adults: \$7.00, Seniors: \$5.00, Kids: \$4.00, (12 and under).

Wear your favorite cowboy hat, boots, belt buckle and boot, scoot and boogie to a live country/western band while learning how to line dance.

If you plan to enter the cook-off, check out the information form in the next Cherry Chapters issue or if you have questions, call Jan Clark at 270-9268.

This is also a family fundraising event that you shouldn't miss to kick off the true Autumn season and help benefit the community building that everyone so appreciates.

Both organizations appreciate your continued support and participation. Blessings, Jan Clark

## WEATHER OR NOT?

Weather data for Elizabeth Lake area (Elevation 3450 ft.)  
By Tom Kaucher  
June 2010

**Temperature**  
High: 95° on 6-27  
Low: 47° on 6-19  
Average High: 83.1°  
Average Low: 57.0°  
Average Temperature: 70.1°  
Lowest High: 71° on 6-11  
Highest Low: 67° on 6-6, 6-30

**Precipitation**  
Precipitation: 0.00" (0.16" Below Average, 0.07" Below Last Year)  
Seasonal Precipitation (7-1-09 to 6-30-10): 27.04"  
(4.17" Above Average, 8.58" Above Last Season (7-1-08 to 6-30-09))

### Outlook for August 2010

August brings a good potential for thunderstorms throughout the month with higher temperatures. The daytime highs will range from the high 70s to high 90s with occasional 100s. Overnight lows will range from the high 40s to low 70s.

### August Averages and Records

**Temperature**  
High: 113° in 1998  
Low: 30° in 1992  
Average High: 90.2°, Average Low: 58.2°  
Average Temperature: 74.2°

**Precipitation**  
Average Precipitation: 14"  
2009 Precipitation: 0.01"  
Greatest Precipitation: 2.56" in 1977

### Averages and records only depict data since 1976.

**Did you know?**  
In Missouri, the summer of 1995 was so hot that at the end of August, methane gas emitted within big piles of trash can't help but begin spontaneously combusting.

## Don't Miss 49er's Day Festival!

The Lakes Community Center will be holding its annual 49er's Day event Saturday July 31 at the Community Center in Lake Hughes. The festivities begin at 10 am with a parade down the main street of town.

There will be music, food, drink, games for kids, displays, crafts, and an archery demonstration. A key part of the event will be the election of the Lake Hughes Honorary Mayor. The winner of the "election" is determined by the number of raffle tickets sold by the candidate. There are four candidates this year: Russ Williams, Lu Nicholson, Tom Hamilton, and incumbent mayor Alvaro Koso.

Raffle tickets may be purchased for \$1 each, or 6 for \$5. Here is your opportunity to "buy" the election, stuff the ballot box, and get a prize package. There are some awesome raffle prizes this year including a diamond necklace, diamond ring, DVD player, a trip to Laughlin, tickets to various entertainment spots including Heist Castle, Santa Cruz Island, Dodge baseball tickets, Reagan Library, Hollywood Wax Museum, and lots more.

Proceeds from the event will benefit the Community Center building restoration project. Admission is \$4 for adults, no charge for kids 12 years old and younger.

The Lakes Community Center is located at 17520 Elizabeth Lake Road in Lake Hughes. For additional information call 724-2206 or 724-0968.

## The High Desert Organic Gardener

By Robert Kerkus

In early July I came across a big fat tomato worm (caterpillar) on a Golden Nugget yellow cherry plant. I had taken some shots of one a few days earlier but that had been removed from the plant and shot on my desk top.

Now I had the opportunity to shoot one on a plant, so into the house for the camera. But wait, what is that fly doing with the caterpillar - a fly that sort of looks like a housefly, but is a little smaller? The red-eyed fly landed on the caterpillar over and over again. The caterpillar wasn't happy; it kept arching itself to chase the fly away and sometimes it would shake itself, like a horse. But to no avail.

As the fly walked over the caterpillar it would arch its abdomen and press a cone shaped tube against its pre of its maggot offspring. This caterpillar is doomed to an unpleasant death of being eaten alive by maggots.

I rejoice. This is the first predator of

of Roundup. Roundup, they predicted, would keep weeds in check year after year for decades but, guess what, it hasn't. Some weeds, such as pigweed, have developed an amazing amount of resistance all on their own.

Pigweed has not only overcame the herbicide, it now grows to heights of fine feet instead of six and has such thick stems that it destroys farming equipment. The industry's answer is to contemplate the use of Agent Orange. When traveling any "road" it can be very difficult to get off of that road, even though there is a cliff at the end.

Founder and president of Ocean Alliance, Roger Payne, after five years of testing almost 1,000 sperm whales all over the world, very recently issued a report on the findings. High levels of many contaminants were discovered, including many heavy metals.

Mr. Payne's conclusion is that sperm whales are not going to survive, that the ecosystems of oceans are in peril, and of course, so are we.

What does it take for human beings to understand and respond to the seriousness of the ecological consequences facing us?

I don't think we human beings have the ability to respond to this major problem, especially as so many of us are so closed off from the natural world. I think when the time comes, when the food is not there and the crisis has arrived in full force, then people will respond, but will it be too late?

Those of us who see the trend, and do something about it will be ahead of the game.

The dead zone in the Gulf of Mexico is now the size of New Jersey. The zone is depleted of life as the quantity of oxygen in the water is greatly diminished due to fertilizer runoff from farmsteads located in the states where tributaries to the Mississippi are located. The largest crop contributing to the dead zone is corn, one third of which is being grown for ethanol for fuel.

The nitrogen in the fertilizers fuels algae blooms that die, fall to the ocean floor and then suck up oxygen as they decay.

On a positive note it has been determined that organic farming causes more carbon to be absorbed into the soil than is released into the atmosphere, while modern, synthetic using, industrial agriculture does just the opposite.

For those concerned about loss of calcium during aging I suggest adding the herb horsetail to the diet.

The Garden Co-op meets monthly on the second Saturday at 3 pm at my place. August's meeting is on the 14th. Call or e-mail me for directions.

For the October meeting we will be having a Harvest Festival. All participants must bring a dish made from their own harvest, and that can include meat.

Buy local, not global.

R & R Homestead, PO Box 2738, Lancaster, CA 93539

(651) 728-0095 rhomestead@ipnet.com

highdesert-organicgardener.com

## Mail Carriers, from page 14

Trendi Jean Miller, who graduated from HELIUS, has served her community for more than six years by delivering the mail in Lake Elizabeth. She not only knew all the people and addresses (even if they moved six times) but was quick, and rarely made a mistake. Trendi and her mom, Judy, even moved mailboxes to accommodate newcomers. Six days a week for six years she put up with weeds, spiders, and snakes, which isn't even included in the postal creed!

When asked what they would like to say to their customers, their reply was: "It wasn't our choice to quit. We consider you all family and we wouldn't quit on family. Thank you for all your love and support. We will miss you all!"

Jessie's route has an emergency route carrier for three months until the contract is awarded for four years. Jessie has a bid in for the contract. Good luck, Jessie!

"The Three Points Town Council is writing a letter of support and is encouraging everyone to go on to Jessie's behalf. Email addresses to write to: James C.Brouillette@USPS.gov and David W.Morrison@USPS.gov.

## Letter to the Editor

Re: Lake Elizabeth Mail Route

After 6+ years it is sad to say goodbye. My employer lost the USPS mail contract and I left me without a job.

This article is for everyone on my Lake Elizabeth mail route. I wanted to let you know how much I appreciated your support and kindness that was shown to me throughout the years. Don't hesitate to wave or just say hi when I see you around town.

Thank you to all and a special thanks to the girls at the Lake Hughes and Leona Valley Post Office.

Trendi Miller

## Developers Update Leona Valley on Valley Vineyards

By Dahlia Grossman, editor/publisher

Bill John and John Alday informed Leona Valley residents at the July meeting of Leona Valley Town Council that they have obtained the last two clearances needed for the Valley Vineyards housing development.

According to Ford, Cal Water has given them an unconditional will serve letter for water for the new homes and for wastewater treatment. Ford told the town council that the county has determined that Cal Water has more than enough water now and into the far distant future. "They are satisfied that we are not going to make a significant impact," said Ford.

Alday said the county spoke to corporate people in both AVCC and Cal Water and also consulted with the CPUC before making their decision. The will serve letter is filed with the California Public Utilities Commission, according to Ford.

Many residents attending the meeting expressed their alarm at sharing water with hundreds more people when it is already so scarce and water pressure so low. "Historically, those guys sitting at a desk in L.A. haven't got a clue what's going on up here," said resident Karen Bryan.

There was a 30-day period during which the community could comment on these latest developments, and several audience members said they intended to do just that.

For more information, go to the town council's website.



## TO YOUR HEALTH! TIPS ON BUYING FRUITS

By Dr. Ralph Cinque

**APPLES** - Look for a deep, rich coloring, particularly around the stem, where it should be dark, instead of green. With the Red and Yellow Delicious Apples, a slightly speckled skin and some brown lines are good signs of ripeness. In the summer, the New Zealand Gala apples offer the best quality.

**BANANAS** - Look for short, round, stout bananas because these ripen the best. Ideally, a banana should speckle when it ripens, and the green should disappear from around its base and stem. A banana that turns uniformly brown without speckling should be avoided. Rarely do thoroughly green bananas ripen well at home. When buying, look for a rich yellow color, from end to end.

**GRAPES** - When buying "Green Seedless Green Grapes," or "Green grapes," look for a yellow or golden hue, which indicates a higher sugar content. The smaller grapes are usually superior to the larger ones. The Red Flame Seedless Grapes are widely available now, and the redder they are the better. Be on the lookout for the Black Seedless Grapes, which have a tough skin but a bold flavor.

**PEARS** - A pear is one of the few fruits which actually ripens better at the tree than on. So, don't be afraid to buy hard pears and ripen them at home. The Bosc Winter Pear is actually best eaten hard. With other varieties, check for softness around the stem.

**WATERMELONS** - Look at the "belly," or underside, of the watermelon. It should be yellow, not white. Look at the stem. It should look brown and withered, not green. Look at the shape. It should be symmetrical, not gourd-shaped. Thump the melon. An orange melon thumps with a high, squeaky note. An over-ripe melon thumps flat. A ripe melon thumps with a low, bass note.

**CANTALOUPES** - Here you have to use your nose. A ripe cantaloupe emanates a wonderful perfume. The skin should have a deep netting and a gold or tan. Check for softness at the opposite stem. When soft to the push, it is ripe.

**MANGOS** - The more color in a mango, the better. The best ones are usually multi-colored, like a rainbow. The round, symmetrical ones are usually superior to the long slender ones. Mangos should yield to the pressure when ripe, but they should not feel "mushy" to the push.

**PEACHES** - These should always be fragrant and should have a distinct "blush." Hard peaches rarely ripen nicely at home. Look for peaches that feel solid, but which yield to gentle pressure. The same is true of nectarines and apricots.

**PINEAPPLES** - These should be golden from top to bottom - and very fragrant. Check for softness, particularly at the top. The "firmus test" is to try to pull out one of the leaves from the top. It should yield easily.

**LETTUCE** - The more green in the lettuce, the more food value it has. Pick heads that are crisp, dense, and heavy. To ensure freshness, store lettuce in a plastic bag, squeezing out all the air before securing the bag tightly.

**CELERY** - To avoid stringy celery, pick stalks that are thick, stout and succulent. Color is a delicate matter. Celery that is too green is often better. Celery that is too white has less food value. Here we are looking for a happy medium. Like lettuce, celery should be protected from exposure to air.

**TOMATOES** - A good tomato is very red, thin-skinned, and symmetrical, with the stem end well indented. Often, the cherry tomatoes and Roma (pear-shaped) tomatoes have the most flavor, especially in the winter.

**CUCUMBERS** - Remember that cucumbers are best eaten unripe. Therefore, look for the smaller, more slender, and knobby cucumbers which have more flavor and fewer seeds. When available, get the pickling variety because they are neither waxed nor oiled.

**PEPPERS** - It doesn't make much sense to buy green peppers when red and yellow ones are available. However, when you are sorting through green peppers, look for the ones with red streaks because they are bound to be sweeter. Even a little bit of ripening is better than none at all.

**CARROTS** - For juicing, the large, bulk carrots are best. For solid use, the smaller, younger carrots are to be preferred. In general, the California carrots are the most consistently sweet, followed by those from Colorado. Carrots grown in warm places like Texas, Arizona, and Mexico are often better.

**BROCCOLI** - Here again, the greener the better. Look for crisp, wide heads with tight, dense buds, and dark, even coloring. Yellowiness is a sign of over maturity. Remember that the leaves of broccoli are tasty and nutritious, too. Also, try peeling the stalks and eating them like celery.

**ZUCCHINI** - This vegetable should always be eaten young. Look for thin, shiny ones with a medium green color. The presence of tiny, fuzzy hairs on the surface actually indicates garden freshness. With yellow squash, the crookneck variety usually has the most flavor.

There you have it - from "A" to "Z" - some of our most readily available and most delicious fruits and vegetables. Enjoy!!!

By Joel Furhman, M.D.

Never forget: you don't get something for nothing when it comes to medications. All medications have side effects, most of them potentially serious. Typically a drug has to be on the market for many years to discern all the long term risks. The pharmaceutical industry performing their own "research" has a long and consistent record of playing down the discovered dangers of their products and embellishing the advantages.

Of course, physicians also give the impression that drugs are necessary, when in fact they are not always. High cholesterol and high blood pressure are lifestyle-created conditions, the safest and most effective therapy is a high-nutrient diet-style combined with exercise.

**Statins** - which block a key enzyme in the body's production of cholesterol, are the most widely prescribed class of drugs in the U.S. Researchers examined medical records of over 2 million Statin users in England and Wales in order to quantify side effects during the first five years of Statin use.

The conditions that were found to be associated with Statin use were as follows: Moderate to serious liver dysfunction. Acute renal failure. Moderate to serious myopathy (impaired muscle function). Cataracts.

Statins have also been linked to increased diabetes risk in another recent study. **Angiotensin receptor blockers - blood-pressure lowering medication**

Angiotensin receptor blockers (ARBs) are used to treat hypertension, heart failure, and Diabetic nephropathy (kidney dysfunction). However, the hormone system that is blocked by ARBs to reduce blood pressure can also affect cell processes involved in tumor growth.

To determine whether taking ARBs affected cancer risk, scientists performed a meta-analysis of several studies to uncover any possible links between ARBs and cancers. They determined that ARBs carry an increased risk of new diagnosis of any cancer (31%), and a significantly higher risk of lung cancer (25%).

Dr. Furhman gives telephone consultations.

## Cholesterol and blood pressure lowering drugs carry serious risks

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The Mountain Yodeler

August 1, 2010

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## soldiers page

By Jan Carlson, staff writer

It is getting that time again! Time to start cleaning out your closets and sheds and donate the stuff to the annual yard sale for the soldiers.

This year's sale will be the October 23-24, so mark your calendars now so you can plan to come and see all the wonderful stuff people have donated for this great cause.

We take everything! You can start dropping things off any time now. Call me at 724-6141 if you want to set up a drop-off date. To just drop things off, the address is 43008 Lepina Dr., Lake Elizabeth.

I am looking forward to having the best sale ever this year!

We have more soldiers coming home. So we are adding a few different names to the list each month it seems. They need lip balm, eye drops, foot powder, pop top tools, candy, jerky, magazines, paperback books, wipes, wash clothes, cotton socks, small games, playing cards, DVDs (music and movies), Frisbees, writing tablets, envelopes, misc. greeting cards (unused), novelty items, crayons, colored pencils, marking pens, small picture frames (5 X 7 and smaller), stress balls, baseballs, golf balls, tampons, and more.

Thank you again to all of you who support sending packages to the soldiers and who help every year with the yard sale. I know I could never do it by myself! You are my heroes!

I appreciate all of you who continue to support this cause. You have been bringing stuff over for many years and I appreciate your loyalty and I know the soldiers appreciate you too. When I tell them it is all donated, I usually get "Wow! You have some cool friends!" And I have to admit I do have some cool friends!

I know that we are all very busy here in our own world, but if you can, please take time to send at least one soldier a month a letter or card. It means so much to them, and you might just find a new friend.

Every freedom we have here is not because of politicians or government. It is because of our soldiers and what they have fought for over thousands of years. We had a family reunion a couple of months ago at my sister's in Reno, NV. She had a list of all the soldiers and military from just our family and extended families. The list was longer than my arm! And that was just back to World War II. We have several ancestors who served their country in wars before that.

Whether it is an all voluntary military or a drafted military, they still need to know we are thinking about them. You do not have to support a war to support the soldier.

If you know of a loved one or friend who is overseas in the military, please send the address to janelene112@msn.com, or to the Yodeler editor at daniela.grossman@verizon.net. The people on our list do not have to be local. They can be from anywhere.

Our yard sale is held every year on Mike's Difference Day for a reason. I think we are making a difference in the lives of several soldiers and some of their families.

I find it hard to hear of soldiers who have no one sending them boxes but us. I find it hard to think that once they are in the service, their families forget about them. We do have soldiers on our list whose names have been sent by other soldiers.

Thank you again to all of you who support sending packages to the soldiers and who help every year with the yard sale. I know I could never do it by myself! You are my heroes!

He asked the US government to give increased consideration to and study the

Audie Murphy was the most decorated American soldier of World War I and a celebrated movie star for many years in the post war era.

Audie Murphy became the most decorated United States soldier of the war during his twenty-seven months in World War II.

When he dropped out of school in the 5th grade to help support his family (his father deserted them when Audie was 10 years old) working for a dollar a day, plowing and picking cotton on any farm that would hire him, he became very skilled with a rifle, hunting small game to help feed the family.

His mother died in 1941, when Audie was 16.

After the attack on Pearl Harbor on December 7, 1941, Audie tried to enlist in the military, but the services rejected him for being under age. In June 1942, shortly after his 17th birthday, his sister adjusted his birthday so he appeared to be 18 and legally allowed to enlist. He was turned down by the Marines and the Navy for being too short.

He received 33 U.S. medals, 5 medals from France, and one from Belgium. Audie Murphy eventually broke the taboo about publicly discussing war-related medals. In an effort to draw attention to the problems of returning Korean and Vietnam War veterans,

Murphy spoke out candidly about his own problems with PTSD, known then and during World War II as "battle fatigue" and also known as "shell shock."

He asked the US government to give increased consideration to and study the

emotional impact that combat experiences have on veterans, and to extend health care benefits to address PTSD and other mental health problems suffered by returning war veterans.

Audie Murphy was killed in a plane crash in 1957 and was interred, with full military honors, in Arlington National Cemetery. His is the second most visited gravesite, after that of President John F. Kennedy.

Audie Murphy was a quiet man who was thrown into the spotlight because he was a war hero.

During the filming of some of his westerns, he was riding with a metal plate in his hip, put there from wounds during the war. It was very painful for him to ride, especially when the horses were running, but he wanted to do things right and ride with terrible pain, not that anyone watching the movies would ever notice.

Pamela Murphy, widow of WWII hero and actor, Audie Murphy, died April 8, 2010. She had a 35-year career working as a patient liaison at the Sepulveda Veterans Administration hospital.

She treated every soldier who came into the facility with the same special treatment, making sure her boys got to see the specialist they needed. The boys had served their country and that was good enough for her.

To her boys, she was an angel. She remained working at the VA until 2007, when she was 87, always remembering Audie Murphy as her hero.

There are a lot of you who won't know who Audie Murphy is, the first of you will remember him as a war hero and an actor. He was also a songwriter and wrote his autobiography, *To Hell And Back* was made into a movie. If you ever get the chance to rent this movie, or purchase it, you will see what a real American hero looks like.

## Our Soldiers

S/4 HEIDI TULEY  
332 SAS/ARMAMENT  
APO AE 09015-9997  
PFC RICHARDSON, JARRO

HHC 26TH INF MORTARS  
AMP CARVERS  
2 BCT 1 AD  
APO AE 09008

SPC RICHARDSON, JACOB  
US 1NC APO AE 09030  
S/CT JONES, MATTHEW  
205 TH ASMC  
APO AE 09075-0531

S/OT SPRATT, TREVOR A  
MVS/371 5-6  
UNIT 4340  
FPO AP 96427-3040

LOPL KALMAN, R.W.  
4th A B BASE JUMP  
UNIT 41605  
FPO AP 96427-1605

BRANDON WARREN  
FSC 1-64 AR  
FOB C WEST  
APO AE 09051

DC2 BAXTER, JONATHAN  
EN DIVENG  
US 1MLUS DDO 69  
FPO AP 96672-1286

SH JANDREW  
US 1SIR/CH G6 67  
CO DIV  
FPO AP 96678-118

ACAN HAGERTY, JOSHUA  
Box 22  
U.S. JOHN C. STENNIS  
CVN 74  
FPO AP 96615-2874

NELSON ZACHARY  
DDO C-101 AVN  
FOB BAGHAN  
APO AE 09054

SPC DONATH, OWEN  
B TROOP 36LR AIN  
FOB SYKES  
APO AE 09051

SPC DENNIS M Stevens  
6302nd Maintenance  
Co CO Bader Iraq  
APO AE 09031

PFC Brandon Martin  
HHC CO 508 ISSB 2 BCT 101st ABN  
Division  
FCB WILSON  
APO AE 09070

First Lt. Husein, Andrew  
D B Troop, 2-1  
CAV 4 2 SBC  
APO AE 09078

## Over The Backyard Fence

### Guest editorial

By David Moore  
I last sided my active participation in community life two years or so ago with full confidence that Jim Walker would bring to order the chaos of the Lakes Town Council and its meetings. I followed his progress in the newspaper, through my friends and took personal pride that his governance allowed the town council to move forward on an agenda of citizen involvement, support by the county and a vision of change.

Last month I was looking over my fence and noted some scraps of paper I recovered these (for the trash) and discarded a later copy of the Lakes Town Council Bylaws, heavily marked up with a new language of ceremony and regulation. Apparently, the Council was in the process of trying to change the Bylaws again.

I reviewed the last couple of issues of The Yodeler but found no mention on the subject. I tossed around a bit and found that not only was the council studying change, but had in fact met formally to do the first reading. Not too many citizens at that meeting.

So let about to discover if formally was replacing citizen involvement. Why was something of this magnitude not a part of common community interest and knowledge? Why not print the changes in the paper?

Well it was my bad luck that the matter was removed from July's agenda. President Walker did mention briefly that the judges for the 501(c) 4 project being done.

After the meeting, Dan Summers told me that almost no change was occurring. Just a minor issue of language. The Council had spent about \$2800 and two days work to get it right. Wow! That much to make no change. I was impressed.

If you did not know this was going on I wanted to invite all of you to come on down to the August Town Council meeting and make your voice heard. I would have posted a copy of the proposed change, but it seems that only the Council is allowed to read in advance the scope of the changes.

Also, I understand that many of you are on vacation and can't participate. It just looks (to this old dog) as if the whole deal is a construct to leave out the community members. Not even to mention my admonition the last time they tried to change the voting rules. ("If you're not sticking around for the next two years don't change a thing"). I call on two brave souls on the council to vote the Bylaws change down and put it to the November ballot. After all, this important issue should not be left to five pre-selected individuals to decide.

The other item that bothers me is the involvement of the council in establishing a nature conservancy on other peoples' land. The council had Norm Hicking roll out a zoning map clearly showing the interest of the Council to rezone Lake Elizabeth and the Featherston property.

When challenged, President Walker took the lead in rebuttal to the question. Why not an interested community leader? Apparently the CSD's limiting growth policy was not enough for this group and the council wants to bury the coffin ASAP.

It's not that I disagree on the advantage to the community of taking control of these properties, it's that this effort, as presented, is as political as it gets. To use council authority to target is not right. To have the council president in a position of advocacy on this issue is a violation of the sworn responsibility of the council to gather community interest (information and opinion) and report to the

### County Supervisor's findings

The Town Council is a non-political organization. They do not represent literally the interest of the community, which is split on these land issues.

The council has substituted formality for order. They do not inform the public, nor do they represent fairly, community interest. And formality keeps us from the council door.

Want to talk about anything? Talk to me. OtaMoore1@Hotmail.com

Green Valley "Go For Fun Club" Meets

By Glenn McConnell  
Contributing writer  
Each month we will now be meeting at the Green Valley Bible Chapel (except for the month of August, when we will be meeting on the second Saturday). The chapel is located at 15229 Calle San Luis Potosi. We meet for a potluck lunch and the best part is that we never know what's coming. One month we had 80% dessert!

Please bring your own speakers, flyers, brochures and safety related events. We are a resource for information during emergencies and non-emergencies. We provided and maintain community emergency bins in four locations, Green Valley, Leona Valley, Elizabeth Lake and Lake Hughes, which contain many kinds of emergency supplies and equipment.

And of course, we have our non-profit brush clearance program that provides low-cost brush clearance. Our staff does weed abatement and hazard brush removal. Tree trimming (especially limbs that may be hanging over your roof or power lines) and in some circumstances we remove dead trees.

## Things are Booming at the Fire Safe Council

### By Laura "Cha" Verneti

Contributing writer  
Good news! We finally have our boom! In addition to providing brush clearance and chipping, we now can trim trees. This is a great time of year to remove the last of those dead limbs hanging from your trees. For more information on this please contact Betty at 270-9911.

Although we have been around for a while, some residents still do not know us. Ham operators are still needed! Communication practice drills are held every Wednesday at 6 pm. For more information, please contact Communication Officer Doris Karaninus at 724-2243.

Firefighter Appreciation Day  
Please join us for our sixth annual Firefighter Appreciation Day.

Our main objective is to provide emergency situation guidance, services and information in a variety of ways for the communities of Leona Valley, Green Valley, Lake Hughes, Lake Elizabeth and Pine Canyon.

We provide fire safety and disaster awareness through public meetings with guest speakers, flyers, brochures and safety related events. Our meetings are on the first Wednesday of the month, alternating among Leona Valley, Green Valley and The Lakes.

The next few meetings are August 4 in Green Valley, September 1 in Leona Valley and October 6 in Lake Hughes.

For more information on these or other fire safe matters please call us at 270-9911.

### We recycle biomass and offer firewood for sale

Many of our members have been CERT trained since the beginning. Since then many more residents have received the training and have recently formed CERT squads in each of our communities.

The first practice drill in the Lakes was a success and we look forward to the next drill in Green Valley on October 2.

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## Horses Love Bare Feet

### By Sherry Stronbo

contributing writer  
I was looking to place an ad to find a home for one of my three young roosters (most responses were, "good luck with that") when I noticed an ad for farrier services.

The ad announced today, "Horses Love Bare Feet!"

Having an interest in horse health, I started to research the topic. It began to sound really inexpensive in comparison to the benefits it touted. I contacted Cheryl Chapman, the farrier who ran the ad and asked if I could accompany her as she worked.

It appears there's a young, but not new, science amongst farriers who contend that horses don't need to be shod. I found many stories on the internet of lame and sick horses becoming healthy again after having their shoes removed and their fetters corrected.

I wanted to see for myself, however, and my time with Cheryl, who is passionate about horses, went quickly. It was fascinating to see her in action and to hear her side of things.

When we met, Cheryl treated me like a new client by briefly explaining some anatomy so I knew what I was looking at and what to look for in a healthy hoof. One of the first things she mentioned was a benefit to having a barefoot horse was improved blood flow.

In order to better understand what a horse's foot does, I found an equine anatomy paper on the University of Missouri website. "When the foot is placed on the ground, blood is forced from the foot to the leg by the increase in pressure and by the change in shape of the digital cushion and the frog."

The pressure and the change in shape compress the veins in the foot. When the foot is lifted, the compression is relieved and blood flows into the veins.

### again. In this way, the movement of these structures in the hoof acts as a pump.

Exercise increases blood circulation in the foot and favors good hoof growth. Lack of exercise, dryness of the hoof wall, and poor nutrition inhibit hoof growth."

They also mention that normally the frog makes contact with the ground first, which is something I did not know, and also supports Cheryl's theories.

Cheryl explained to me that it's not simply a case of removing the shoes. Most horses will need to go through a transition period in order to encourage growth of calluses. She trims the hoof and cuts back the flares and actually bevels the edge of the hoof so the coffin bone is held tightly in the top of the hoof capsule.

The eventual callous is also necessary for protecting the coffin bone. If you can visualize it, proper contact with the ground seems like it should be natural for hoof function, and not just for circulation. I also learned from the University of Missouri website that just above the deep flexor muscle tendon is a small bone called the navicular bone. The navicular bone has an associated fluid-filled sac that reduces friction between the tendon and the bone. If this sac is not healthy, along comes navicular disease, a common cause of lameness.

Horses with faulty conformation of the forelimbs are more likely to develop navicular disease. Cheryl has seen as high as 90% recovery in navicular and founder cases. She also says there is less tripping and stumbling because the horse can feel where his feet are more easily.

Domesticated horses don't have to travel the 20 to 30 miles per day they did in the past, which naturally honed down their hooves in small granules, not clips or flares. Additionally, we keep them mostly on soft terrain.

### However with good farrier techniques, and an exercise schedule, the horse can develop a hard callous and adapt to its home environment.

Cheryl also mentioned that in some cases, proper trimming can even cure or help arthritis and she claims to have seen horses go from dead lame to comfortable in as short of a period of time as one month.

According to Cheryl, it's because the foot has more shock absorption due to the callous being alive, and the beveled hoof can roll more easily so joints and knees aren't being strained and twisted with unnatural movement.

She recommends inexpensive rubber boots (www.easycare.com) in cases of tender feet, and has her own program to help her horse develop "rock crushing" calluses. Cheryl speculates that shoeing horses began a long time ago.

Frederick Klees, in his book *The Pennsylvania Dutch*, says "There were sometimes as many as five hundred pack horses assembled at one time, ready to start their trek west with loads of iron, salt, sugar, and other necessities." If hooves got soft in mudflats, along came the need for a blacksmith. Cheryl also believes that shoes were never meant

### Before and after

to be permanent, only temporary. I found a wealth of additional scientific evidence by looking up one of the names Cheryl gave me.

On the website of farrier Pete Ramsey, there's an article that cites the work of Dr. James Rooney of the American College of Veterinary Pathologists. Dr. Rooney proved and published that it was actually the unnatural toe first movement (usually caused by avoiding

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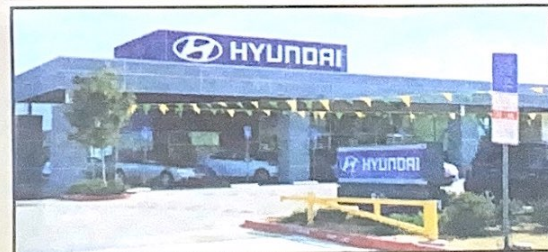
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